



## A Study on Assertive Behavior and Self Esteem among Nursing Students in a Selected College at Mangalore

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Type of Publication: Original Research Paper

Conflicts of Interest: Nil

### ABSTRACT

**Background:** Assertiveness is thought to be an expression of self -esteem. Nursing has determined that assertive behaviour among its practitioners is an invaluable component for successful professional practice. Assertive behavior increases self -esteem and the ability to develop satisfying interpersonal relationship. Assertiveness is considered to be an essential skill for nurses.

**Aims and Objectives:** To find the correlation between self -esteem and assertive behavior among nursing students.

**Methodology:** A correlation research approach has been used in view of accomplishing the main objective of the study. Rathus Assertiveness Schedule and Rosenberg's self -esteem scale was used to assess assertiveness and self-esteem respectively. The subjects consisted of 245 students and selected by purposive sampling technique. Descriptive and inferential statistics were used for analysis.

**Results:** Study revealed that majorities (85.7%) of nursing students are moderately assertive and 46.5% of nursing students had moderate self-esteem. The findings of the study indicate that there is a weak positive correlation between assertive behaviour and self-esteem.

**Keywords:** Assertive behavior, self-esteem

### INTRODUCTION

Assertiveness is an ability to express ones feeling, opinion, beliefs and needs directly, openly and honestly while not violating the personal rights of others. Assertive behaviour is usually honest, direct, expressive, spontaneous and self- enhancing. Assertive persons make their own choices, are confident, and feel good about themselves while being assertive and afterward. Acting in an assertive way builds on a person's self- esteem and the self-esteem of others. It improves people's ability to take charge in their own lives.<sup>1</sup>

Self-esteem is the confidence in one's own worth or capabilities. Self- esteem reflects an individual's overall subjective emotional evaluation of his or her own worth. It is the decision made by an individual as an attitude towards self. Understanding this is

fundamental and universally beneficial, since the development of positive self-esteem raises the capacity to treat other people with respect and good will, thus favouring rich interpersonal relationship and avoiding destructive behavior.<sup>2</sup>

In order for nursing students to become more influential in the improvement of healthcare delivery system, more competent in the provision of quality patient care, more comfortable in their communication within society and more effective in using their professional knowledge and skills, it is necessary for them to be more assertive and have high self -esteem.<sup>3</sup>

### II. MATERIALS AND METHODS

A correlational research design was adopted and the data was collected from 245 nursing students who met the inclusion criteria. The samples were selected using purposive sampling technique. The purposes of the study, method of data collection, duration were explained to the subjects in the language they understand. Written consent was obtained and confidentiality was assured. Rathus Assertiveness Schedule and Rosenberg's self-esteem scale was used to assess assertiveness and self-esteem respectively. The data was collected from 1<sup>st</sup> July to 31<sup>st</sup> July 2018. The data obtained were entered into a master sheet and analyzed based on the objectives of the study under various sections.

### Grading of Assertive behavior

**Table 1: Description of subjects according to the grading of Assertive behaviour**

N=245

Grade	Assertive behavior score	Frequency	Percentage
Very highly assertive	121-150	3	1.2
Highly assertive	91-120	23	9.4
Moderately assertive	61-90	210	85.7
Less assertive	31-60	9	3.7

The data presented in table 1 shows that majority (85.7%) of nursing students are moderately assertive.

**Table 2: Mean median and standard deviation of Assertive behaviour**

N=245

Maximum score	Minimum score	Median	Mean $\pm$ S.D
143	38	77	78.14 $\pm$ 1.23

The data presented in the table 2 highlights that the mean and median are approximately equal, which indicates that values are centrally distributed.

### Grading of self-esteem

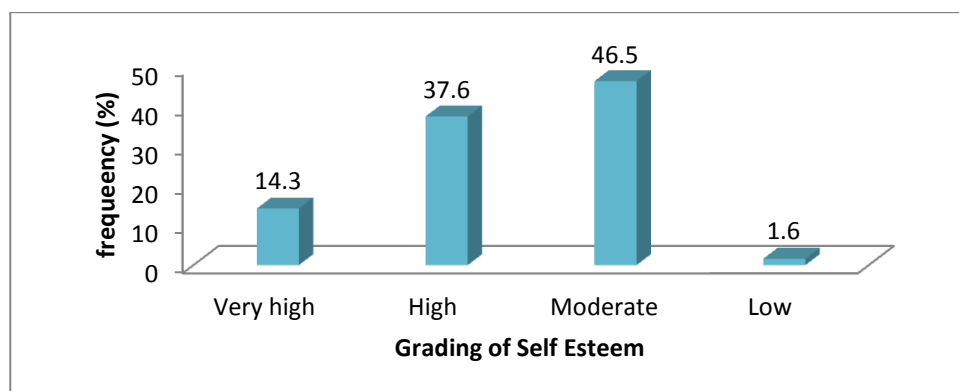


Fig 1: column diagram represents the grading of self-esteem among nursing students

The data presented in figure 1 depicts that 46.5% of the subjects had moderate self-esteem, 37.6% had high self-esteem, 14.3% had very high self-esteem and 1.6% had low self-esteem.

Table 3: Mean median and standard deviation of self esteem

N=245			
Maximum score	Minimum score	Median	Mean $\pm$ S.D
30	7	19.0	19.47 $\pm$ 4.16

The data presented in table 3 shows that median score of self-esteem is 19, mean score is 19.47 and standard deviation is  $\pm 4.16$ .

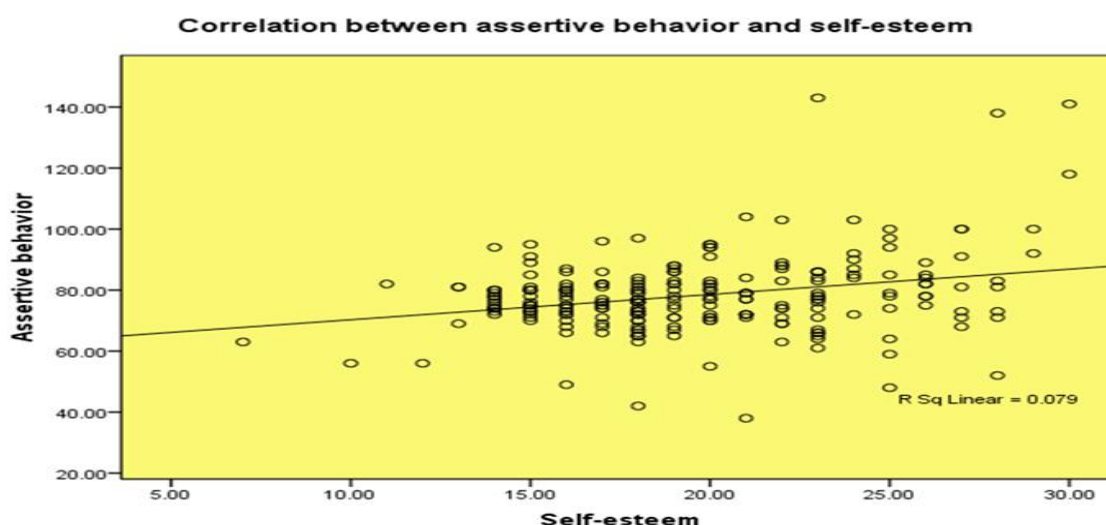


Fig 2: scatter diagram represents correlation between assertive behavior and self-esteem

Data in the Fig 2 shows that there is a weak positive correlation ( $r = 0.28$ ) between assertive behaviour and self-esteem.

#### Association between assertive behavior and self-esteem with selected demographic variables

Gender is the only variable significantly associated ( $p = 0.006$ ) with the assertive behavior score. There was no association found between self-esteem and any of the demographic variables.

#### IV. DISCUSSION

The result of the present study is consistent with the study conducted to investigate the factors affecting assertiveness among student nurses. The study results showed that 60.4% of the students were assertive, while about half of the students were empowered.<sup>4</sup>

The study findings are congruent with an exploratory, co-relation; cross sectional survey was conducted to assess the relationship of assertiveness and self-esteem among nurses in a selected hospital at Punjab. The study result shows that assertive behavior has moderate positive correlation with self-esteem at 0.01 level of significance ( $r = 0.272$ ).<sup>5</sup>

A study was conducted to assess self-esteem among the third year nursing students in selected Institute of Nursing Education, Andheri. The study result show that there is no correlation between self-esteem among the students and the variables such as age, medium of education, state, family income, level of stress, problem sharing, suicide and health problems. This finding is not congruent with the present study findings.<sup>6</sup>

The findings of the study are congruent with a study was conducted to assess the assertiveness among second year B.Sc. nursing students in Narayana Nursing Institution, Nellor. There was no significant association between the level of assertiveness among second year B.Sc. nursing students with the selected socio demographic variables like age, religion, place of residence and type of family.<sup>7</sup>

## CONCLUSION:

The findings of the present study indicate that there is need to improve the assertiveness and the self-esteem among nursing students through training programmes. Although this is a small scale quantitative study, it provides the insights of the nursing student's level of assertiveness and their relation with the self-esteem.

Conflict of Interest: Nil

Funding agency: Nil

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